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HEALTHY BAY ENCOURAGES PEOPLE TO KNOW THEIR RISK FOR DIABETES

DOH-Bay is providing free diabetes risk screenings around the county in recognition of American Diabetes Association Diabetes Alert Day



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Panama City, Fla.— The Florida Department of Health in Bay County's Healthy Bay Diabetes Services Program is encouraging participation in the American Diabetes Association Alert Day on Tuesday, March 26, 2019. An estimated 84 million Americans have prediabetes, and one quarter of the 30 million Americans living with diabetes do not know that they have it. Prediabetes can lead to type 2 diabetes, but unlike Type 2 diabetes, prediabetes can be reversed with healthy lifestyles changes. Most people with prediabetes have no idea they are at risk.

"We can stop this epidemic by taking responsibility and become proactive in maintaining healthy lifestyles supported by diet, physical activity and weight management. This generation can chart a new course in disease management that avoids amputations, blindness and cardiovascular disease which result from diabetes", said Marsha Sumner, Senior Community Health Nursing Supervisor, Diabetes Services Program.

Healthy Bay encourages residents to "know their numbers," including fasting blood sugar. This measures your risk for diabetes. Prediabetes means our blood glucose (sugar) is higher than normal, but not yet diabetes. A fasting blood sugar number of 100 -125 is considered prediabetes. A random blood sugar between 141 to 199 is considered prediabetes.

The Community Health Task Force and the Florida Department of Health in Bay County will be offering FREE blood sugar checks as part of the Community Health Improvement Plan. The following locations will offer the screenings on Tuesday, March 26, 2019 from 2:00 p.m. – 6:00 p.m.:

1. Gulf Beach Baptist Church (10620 Hutchinson Blvd, Panama City Beach, FL 32407)
2. Lynn Haven Publix (2310 FL-77, Lynn Haven, FL 32444)
3. Callaway Walgreens (301 N. Tyndall Pkwy, Panama City, FL 32404)
4. Bay County Government Center (840 W. 11th St, Panama City, FL 32401)
5. Chipley Piggly Wiggly (1264 Church Ave, Chipley, FL 32428)

One of the main contributing factors to diabetes is being overweight. Nearly 66% of Bay County residents are overweight or obese. Other risk factors include; having a family history of diabetes, having gestational diabetes or a baby weighing more than 9 pounds at birth, having a diagnosis of high blood pressure, or lack of physical activity. Only 16.6% of Bay County adults participate in enough aerobic and muscle strengthening exercises to meet guidelines. You can find out where you stand by visiting the website DolHavePrediabetes.org and taking the one-minute risk test. A score of 5 or higher means test-takers should seek medical advice.

Healthy Bay offers the evidence-based CDC Diabetes Prevention Program, DPP. DPP is a year-long lifestyle change program that focuses on people losing five-percent of their body weight and working up to 150 minutes of physical activity. This is proven to delay or prevent the onset of type 2 diabetes by more than 50%. An independent study of the program showed that participants met or exceeded their weight-loss and physical activity goals.

Healthy Bay also offers free diabetes screenings without an appointment Monday through Friday from 8:00 a.m. until 5:00 p.m. Medicare covers the Diabetes Prevention Program and some insurance plans may also cover the DPP program. Potential patients can get a referral from their physician or call the Healthy Bay division at 850-872-4455, option 3, then option 1.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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About the Community Health Task Force

The goal of Community Health Task Force is to develop and implement comprehensive, community-based health promotion and wellness programs in the Bay County area.

For more information about the Community Health Task Force please visit www.communityhealthtaskforce.org. Like us on Facebook at www.facebook.com/baychtf.

